

Ridge gourd Chutney (Gosalem)

Written by Our Family

Ingredients

Quantity:	Measure:	Ingredients:	Description:
	As Required	Cooking Oil	For seasoning
1	Teaspoon	Mustard Seed	For seasoning
1	Teaspoon	Dhal, Chana	roasted and fried
1	Teaspoon	Dhal, Urid (white)	roasted and fried
4	Medium	Chillies Green	Slit and add
1	Inch	Ginger	pared and minced
1	Bunch	Coriander Leaves (Kothmeetha)	chopped and add
1/2	Bunch	Mint Leaves (Pudina)	chopped and add
1	Teacup	Gosalen (Ridge Gourd)	peeled and chopped

Method

1. Heat Oil add mustard seeds, after it splutters, add Chana dal and Urad Dal.
2. Once they are done, add slit green chillies, ginger, both the leaves and the cut ridge gourd pieces.
3. Fry till done and grind in the mixie with salt, tamarind and coconut till the required consistency.
4. Can be served with rice, Chapatis, Idlis and Dosas.